

News from the Wyoming Department of Health

Thursday, June 18, 2009

Wyoming Swine Flu Case Count Climbs

Testing at the Wyoming Public Health Laboratory has brought the number of laboratory-confirmed cases of swine flu (novel H1N1) virus in state residents to 63.

To date, the Wyoming Department of Health has confirmed cases in seven counties. Of the confirmed infections, 46 are from Laramie County, six are from Sweetwater County, five are from Lincoln County, there are two each in Natrona and Uinta counties, and there is one each from Fremont and Johnson counties. The department expects the number of actual infections around the state to be higher because many ill persons do not seek medical care or are not tested.

Of the confirmed swine flu cases in Wyoming so far, five have been in children under 5, 40 have been in children ages 5 to 18, and 18 have been in adults ages 19 to 64. "It is not really surprising that the most cases have been in school age children. This is a pattern we typically see with seasonal flu, especially early on," said Clay Van Houten, epidemiology section chief with the Wyoming Department of Health.

Flu symptoms include fever, cough, sore throat, body aches, headaches and fatigue. Some patients have also reported diarrhea and vomiting.

Steps recommended to help prevent the spread of illness include:

- Staying home from work, school or travel while ill with flu-like symptoms such as fever, cough, sore throat and body aches. Those who are severely ill (such as having trouble breathing) should seek medical care.
- Frequent hand washing with soap and water or the use of an alcohol-based hand gel.
- Covering noses and mouths with a tissue or sleeve when coughing or sneezing, and throwing used tissues in a trash can.
- Avoiding contact with ill persons.
- Persons at high risk for complications from influenza (such as persons 65 years or older, children younger than five years, pregnant women, and persons with chronic medical conditions) should consider avoiding crowded or large gatherings if ill persons may be present.

More Wyoming information about swine flu is available online at www.health.wyo.gov.

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